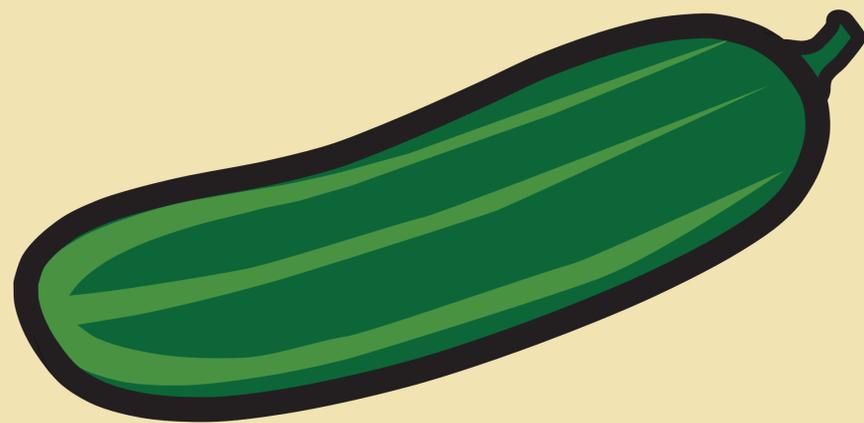


# JULY HARVEST OF THE MONTH



# ZUCCHINI



SCAN THE  
QR CODE  
FOR MORE  
HARVEST  
OF THE  
MONTH  
RESOURCES!



# TRY ZUCCHINIS AT HOME!

## HEALTH & NUTRITION

Due to its high water content, zucchini is low in calories, carbs and sugars. It is also a good source of dietary fiber.

Zucchini is high in essential nutrients and antioxidants like: Potassium, Manganese, Vitamin C, and Vitamin A

# ? DID YOU KNOW

Biggest is NOT the best. The most flavorful zucchinis are small to medium-sized and the darker the skin, the richer the nutrients.